

What is Claimed:

- 1 1. A balance training board comprising an upper surface and a
2 lower surface, wherein the lower surface comprises a concave region adapted to ride
3 on a substantially spherical balancing insert.
- 4 2. The balance training board of claim 1 wherein the concave
5 region encompasses between about 15% and about 95% of the lower surface area.
- 1 3. The balance training board of claim 1 wherein the concave
2 region comprises a substantially oval shape.
- 1 4. The balance training board of claim 1 wherein the concave
2 region comprises a substantially circular shape.
- 1 5. The balance training board of claim 1 wherein the concave
2 region comprises a substantially rectangular shape.
- 1 6. A balance training device comprising a board and a single
2 substantially spherical balancing insert, the board comprising an upper surface and a
3 lower surface, wherein the lower surface comprises a concave region extending into
4 the board below the upper surface, the concave region adapted to receive the
5 balancing insert, whereby the board rides over the balancing insert.
- 1 7. The balance training device of claim 6 wherein the concave
2 region encompasses between about 15% and about 95% of the lower surface area.

1 8. The balance training device of claim 6 wherein the concave
2 region comprises a substantially oval shape.

1 9. The balance training device of claim 6 wherein the concave
2 region comprises a substantially circular shape.

1 10. The balance training device of claim 6 wherein the concave
2 region comprises a substantially rectangular shape.

1 11. The balance training device of claim 6 wherein the board further
2 comprises a securing device adapted to secure the balancing insert to the board.

1 12. The balance training device of claim 6 wherein the concave
2 region comprises a texturizing coating, and the balancing surface insert comprises a
3 surface having a texture compatible with the texturizing coating.

1 13. The balance training device of claim 6, further comprising a
2 platform having a convex top surface and a substantially flat bottom surface, said
3 balancing insert riding on said top surface.

1 14. The balance training device of claim 6, further comprising a
2 platform having a concave top surface and a substantially flat bottom surface, said
3 balancing insert riding on said top surface.

1 15. A surfboard accessory adapted for placement on a surfboard,
2 the surfboard comprising an upper surface and a lower surface, the accessory
3 comprising:

4 (a) a substantially flat surface adapted to removably affix to the lower surface of
5 the surfboard; and

6 (b) a concave surface opposite the flat surface, wherein the concave surface is
7 adapted to receive a substantially spherical balancing insert.

1 16. A method for exercising comprising:

2 A. providing a board comprising an upper surface and a lower
3 surface, wherein the lower surface comprises a concave region extending into the
4 board below the upper surface;

5 B. placing a substantially spherical insert on a flat surface;

6 C. positioning the board on said substantially spherical insert
7 whereby the concave region receives said substantially spherical balancing insert and
8 the board rides on said spherical balancing insert; and

9 D. mounting on said board and maneuvering the board over the
10 balancing insert.

1 17. The method of claim 16 wherein the step of placing the
2 spherical insert on a flat surface further includes placing a platform having a top
3 surface on said flat surface and placing the spherical insert on said top surface of
4 said platform.

1 18. The method of claim 16 wherein the step of providing a board
2 includes providing a plurality of boards each having a different concave region each

3 of said concave regions and spherical inserts corresponding to a different degree of
4 balancing difficulty and there is further included a step of selecting one of said
5 boards and spherical insert combinations to obtain a desired level of exercise
6 difficulty.

1 19. The method of claim 18 further comprising sequentially
2 increasing the method difficulty by selecting boards with gradually increased surface
3 area in the concave region.